



Martin J. Chávez, Mayor

# City WellNews



Volume 2, Issue 9

Insurance & Benefits Division

October 2009

## October is National Breast Cancer Awareness Month!!

Breast cancer is the most common cancer in women in the United States. According to the American Cancer Society, it's estimated that about 178,480 women in the United States were diagnosed with invasive breast cancer in 2008. About 40,460 women will die from the disease this year. Right now there are slightly over 2 million women living in the United States who have been treated for breast cancer.

If you're worried about developing breast cancer, or if you know someone who has been diagnosed with the disease, one way to deal with your concerns is to get as much information as possible. In this section you'll find important background information about what breast cancer is and how it develops.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age. Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women. The American Cancer Society estimates that in 2009 some 2,030 new cases of invasive breast cancer will be diagnosed among men in the United States.

### Types of breast cancer

There are several different types of breast cancer that can be divided into two main categories - noninvasive cancers and invasive cancers. Noninvasive cancer may also be called "carcinoma in situ." Noninvasive breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues, whereas invasive breast cancers can spread to other organs in the body. For more information on breast cancer awareness visit <http://nbcam.org/>.

Taking steps to prevent or find breast cancer early can help you stay healthy. A mammogram is a simple screening test that checks for changes in breast tissue. It will even show changes as small as the period at the end of this sentence.

Taking time to get your mammogram can be a challenge. To make it easier, we are providing a mobile mammography unit near you. Employees will be allowed 30 minutes to attend a screening appointment with prior approval from their supervisor. The mobile mammography unit will be available at the following locations:

Location	Date
Albuquerque Convention Center, NE Exhibit Hall	10/12/09 8 am-5 pm
Albuquerque Convention Center, NE Exhibit Hall	10/13/09 8 am-5 pm
AFD Fire Academy	10/14/09 8 am-5 pm
Solid Waste Edith	10/15/09 8 am-5 pm

### HOW TO SCHEDULE YOUR FREE MAMMOGRAM:

- Call 1-888-233-6121 to schedule your mammogram appointment.
- You can download the required forms prior to your mammogram visit by logging onto <http://assuredwomenswellness.com/>
- Under "Mobile Connection," click on "Prepare For Your Visit." Complete the *Patient Demographic* and *Patient History* forms and bring them to your scheduled appointment.

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## National Save for Retirement Week

Congress has declared October 19 – 25 National Save for Retirement Week. This is an effort to encourage employees to save additional funds for retirement and build a financially secure future. Here are just a few reasons to start saving:

- Social Security may not be enough
- Americans are living longer and expecting more from their retirement years than ever before
- Retirement security is built one pay period at a time
- Rising cost of healthcare

The City of Albuquerque has three Deferred Compensation programs to help you meet your retirement goals.

We encourage you to take action today to ensure you have a bright and rewarding tomorrow.

Employees know they should start saving for retirement “someday.” National Save for Retirement Week helps turn “someday” into “today.”

For additional information, contact any of our three Deferred Compensation vendors:

### **ICMA**

Dennis Dexel  
1-866-265-5129  
[ddexel@icmarc.com](mailto:ddexel@icmarc.com)

### **Nationwide**

Linda Miller  
505-362-8814  
[millel45@nationwide.com](mailto:millel45@nationwide.com)

### **VALIC**

Jeremy Mitchell  
505-263-4180  
[jeremy.mitchell@valic.com](mailto:jeremy.mitchell@valic.com)

## Flu Statistics

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccination** each year.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

### WHAT ARE THE SYMPTOMS?

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting

### HOW DOES FLU SPREAD?

Flu viruses spread mainly from person to person through coughing or sneezing when you have the flu. Sometimes you may become infected by touching something with flu viruses on it and then touching your mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days **after** becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### YOU CAN PREVENT FLU!

Have your flu vaccination this year. Check the calendar of events for dates and times that are convenient for you.

Source: <http://www.cdc.gov/flu/keyfacts.htm>

## Vegetable of the Month



### Gingerroot

Gingerroot was used in ancient times as a food preservative and to help treat digestive problems. To treat digestive problems, Greeks would eat ginger wrapped in bread. Eventually ginger was added to the bread dough creating that wonderful treat many around the globe love today: gingerbread! Ginger ale eventually stemmed from a ginger beer made by the English and Colonial America as a remedy for diarrhea, nausea and vomiting.

Ginger thrives in the tropics and warmer regions and is therefore currently grown in parts of West Africa, the West Indies, India and China with the best quality ginger coming from Jamaica where it is most abundant. In the United States, ginger is grown in Florida, Hawaii, and along the eastern coast of Texas.

Gingerroot is characterized by its strong sweet, yet woody smell. It is tan in color with white to creamy-yellow flesh that can be coarse yet stringy.

### Recipe of the Month: Spiced Cabbage

Makes 4 servings

Each serving equals 1/2 cup of fruit or vegetables

#### Ingredients

half a medium cabbage  
1 small onion (or half a medium one)  
1 hot green chili pepper  
1 Tbsp coconut  
½ tsp. turmeric powder  
2 cm piece of fresh root ginger  
spray oil

Shred the cabbage very finely and chop into small pieces. Finely chop the onion, chilli and ginger. Spray frying pan with spray oil. Add the onion, ginger and chilli. Cook for 30 seconds then add the cabbage and turmeric. Cook at a high temperature for about ten minutes stirring all the time. Remove the pan from the heat and stir in the coconut. This dish can be served on its own but can also accompany many different rice dishes.

Nutritional analysis per serving: Calories 58, Protein 2g, Fat 1g, Calories From Fat 22%, Cholesterol 0mg, Carbohydrates 11g, Fiber 4g, Sodium 36mg.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## October Wellness Tips

### Nutrition Tip

Choices about diet and exercise are among the most important factors in a person's risk profile for cancer prevention. These choices are within your control. For the majority of Americans who don't smoke, eat a healthy diet and are physically active cancer risks can be reduced. Greater consumption of fruits and vegetables has been shown to lower risk for several cancers. Vegetables and fruits are packed with vitamins, minerals, fiber, antioxidants, and many other substances, which together account for their beneficial effect. Because it is not known which of these components is most protective, the best advice is to get healthy nutrition from whole foods rather than from nutritional supplements.

### Fitness Tip

Physical activity works in a variety of ways to reduce risk, including to help control weight and by influencing hormones. The American Cancer Society suggests that when it comes to exercise to help reduce your risk for breast cancer that more is better. For adults, the Society suggests more than 30 minutes, 5 or more days a week and for kids they recommend 60 minutes or more.

### Health Tip

**October 4-10 is Fire Prevention Week.** Take part in the Great American Fire Drill by practicing your home escape plan with family members. Be sure to let your kids know who to call should they escape and not find you.

## Mayor's Monthly Green Tip

Don't blow it! Leaf blowers may seem cool and convenient, but they are extremely polluting. Furthermore, raking leaves the old fashioned way can be a great way to incorporate extra physical activity to your day.

Older models of leaf blowers are known to emit the same smog forming particles as cars do as well as adding to noise pollution. Fortunately, regulators are starting to encourage manufacturers and consumers to upgrade to newer, cleaner (as well as quieter) models.

Raking leaves is a simple task that can be shared by the whole family, and it's a good way to get some exercise while enjoying the crisp autumn air.

Source: [www.thedailygreen.com](http://www.thedailygreen.com) & [planetgreendiscovery.com](http://planetgreendiscovery.com)

## 2009 City Employee Flu Shot Clinics

(This vaccine does not protect against the H1N1 virus)

Location	Date/ Time	Place
Pino Yards Bldg. D	10.28.09 6:00am-10:00am	5501 Pino Road, NE
APD Academy	11.03.09 7:00am-11:00am	5412 2 <sup>nd</sup> ST NW (2 <sup>nd</sup> and Montano)
City/County "Passport to Safe & Healthy Holidays Health Fair"	11.6.09 8:00am-3:00pm	Albuquerque Convention Center, West Complex, SW Exhibit Hall
Aviation Department	11.10.09 2:00pm-4:00pm	2200 Sunport Blvd. SE Press Room
Solid Waste Edith	11.12.09 6:00am-10:00am	4600 Edith NE
AFD Fire Academy	11.18.09 7:00am-11:00am	11500 Sunset Gardens SW Rm 105
Water Reclamation Plant	11.19.09 7:00am-10:00am	4201 Second Street (South of Rio Bravo)
Vincent E. Griego City Council Chambers	12.03.09 11:00am-2:00pm	Basement of the City/County Bldg.

### Who should receive a seasonal flu shot?

Children aged 6 months up to their 19th birthday

Pregnant women

People 50 years of age and older

People of any age with certain chronic medical conditions

People who live in nursing homes and other long-term care facilities

People who live with or care for those at high risk for complications from flu, including:

- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Source: [www.cdc.gov](http://www.cdc.gov)

### H1N1 Vaccine Update

The NM Department of Health is working with providers throughout the state including hospitals, clinics, private providers and pharmacists, to provide vaccinations to protect people against the new strain of influenza (H1N1). The Department is planning clinics statewide and will announce the dates, times and locations of clinics when they are scheduled.

Who should receive an H1N1 vaccine?

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Persons between the ages of 6 months and 24 years old
- People ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems

Please see <http://nmhealth.org/H1N1/index.shtml> for more information.